TAGHeuer
PROFESSIONAL TIMING

POCKET PRO
HL400-A
ATHLETICS

User Manual

Version 09/2015

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1. Concept

The Pocket Pro Athletics App, Pocket Pro HL400-A, gives users access to timekeeping functions dedicated to training in athletics

The three specifics modes provide the user the ability to time and monitor activities including the Beep/Bleep test, Interval Training and Sprint Training

Together with its integrated USB connector; free POCKET MANAGER Application and Pocket-Pro 800 measurements internal memory, the device makes the downloading, analysis, printing and archiving of results extremely simple

Results can also be viewed or printed from your laptop or pc instantly

The USB connector (HL400-4) enables connection to a photocell, a manual switch or a wireless radio input (HL615, HL675).
Pocket Pro Manager adjusts a Lock Time for the USB Input.

> Note:
> Pressing the hard reset (to the right of the USB connector) resets the Lock Time value to 0.01 sec (minium)

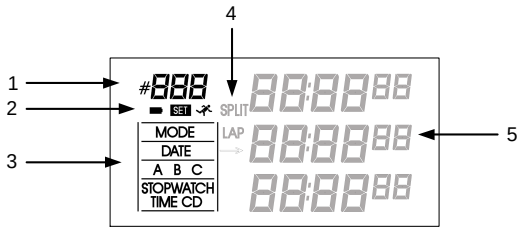
2. Standard Timing Mode

Several standard timing modes are available including:

Date / **Time** / **Count Down** / **Stopwatch**

More specific event orientated modes are also available, see section 3

2.1. LCD description



1. Sequence Number of athlete / Memory status
2. Battery / Mode Setting / Running status
3. Timing Mode
4. Information Split / Lap
5. Timers

2.2. General

2.2.1. How to navigate the different modes

To navigate into a different mode:

- First the Pocket Pro has to be stopped (**STOP**)
- Reset memory (**START/STOP** + **MEMORY**)
- Pressing the **MODE** button now allows you to change the Timing Mode

Sequence:

DATE → **STOPWATCH** → **TIME** → **CD** → **A** → **B** → **C**

2.2.2. Power

The Pocket Pro functions with an internal battery. It can be recharged when by connecting to a PC (USB cable) or by a (USB – 5VDC) power supply

When not used for 36hours, the Pocket Pro will switch OFF automatically (LCD OFF)
To wake up the Pocket Pro, just press any button

It is also possible to switch OFF manually the Pocket Pro by simultaneously pressing the **MODE** and **MEMORY** buttons for 5 seconds

When the Pocket Pro is OFF, all the times are stored in memory
The icon ▬ will indicate the level of the battery

During charge:	75% ON / 25% OFF blinking
Fully charged:	with USB Cable: icon ON Without USB cable: icon OFF
Low level	(<10% charge): blinking 50% ON & 50% OFF (you still have 2-3 days autonomy)

2.2.3. Time Memory

The Pocket Pro has a memory of 800 stored times
The number of memorized times is shown on the 3 digits (Memory status)
When the memory reaches 90% capacity (720 times), the 3 digits will flash

Warning
Once the memory is full (800 times), the next time recorded will be stored as 001 automatically overwriting the original time

The memorized time can be recalled and displayed on the LCD at any time (even during a timing session)

By pressing the **MEMORY** button, the memorized time 001 will be displayed as the button is held down. The number of the memory shown is displayed on the top-left of the LCD

Press the **MEMORY** button again and the next stored time will be displayed

2.2.4. Delete Memory

To delete the memory, press simultaneously **START/STOP** and **MEMORY** buttons

> **Warning**
> You will not receive a request for you to “confirm Delete Memory”!
> Once this step is made, all times are irretrievably deleted

2.3. Date Mode

This mode allows you to update the date of the Pocket Pro
To set the date:

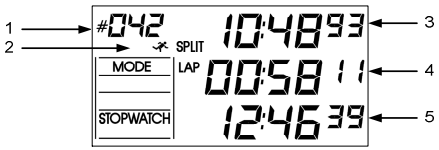
- Press the **MEMORY** button: the first digit will flash and **SET** icon is ON
- Press the **SPLIT/LAP** button to change the value
- Press the **MEMORY** button to move to the next digit

Validate your setting with the **MODE** button (**SET** icon is OFF)

1. Icon Set ON = Setting
2. Day/Month (red digit blinking 25.03)
3. Year setting (2013)
4. Time of Day (set in menu TIME)

2.4. STOPWATCH mode

This timing mode allows the timekeeper to make a Start/Finish, with split time (**SPLIT**) and lap time (**LAP**) with 1/100th second precision



1. Number of split / Memory status
2. Running status
3. Split time
4. Lap Time
5. Running time

The time displayed is up to 59'59.99'' (1 hour)

SPLIT : Split time, or cumulative time (**SPLIT/LAP** button)

LAP : Lap time (**SPLIT/LAP** button)

Running Time : Running time between Start and Finish

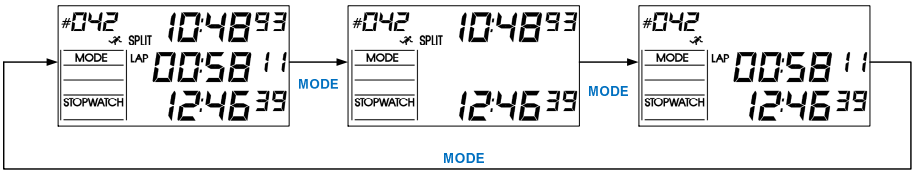
The running time always starts from **00:00:00**

- To start, press the **START/STOP** button (icon is ON)
- Three times are running and displayed
- To record a Split / Lap, press **SPLIT/LAP** Button

The **SPLIT** and **LAP** time is stopped. The running time (bottom) continues to run

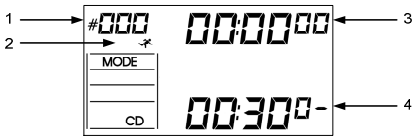
At each press of the **SPLIT/LAP** button, the memory sequence increases
It is possible to recall and view previous split and lap times during a session by pressing the **MEMORY** button

For simple viewing in this mode, it is possible to reduce the information, and display only **SPLIT** or **LAP**. For this, during the race, press the button **MODE**



2.5. Count Down mode (CD)

This mode allows you to make a unit count down or loop count-down



1. Number of split / Memory status
2. Running status
3. Counter
4. Count Down (max 59:59.9)

2.5.1 Set Count Down

To change the Count-Down value, the memory first has to be deleted
To set the Count-Down value:

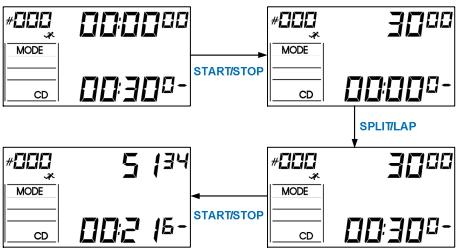
- Press the **MEMORY** button: the first digit will flash and **SET** icon is ON
- Press the **SPLIT/LAP** button to change the value
- Press again the **MEMORY** button to change to the next digit
- Validate your setting with the **MODE** button (**SET** icon is OFF)

2.5.1. Count Down timing

- To start the count down, press **START/STOP** button (icon is OFF)
- The count-down value decreases (on the bottom line)
- A timer (on the top) is started (increases)

At any time it is possible to **PAUSE** and **RESTART** the count-down
A long single beep will sound at the end of the Count-Down
The count-down will stop automatically at 00:00
To restart a new count-down, you have to reset the value by pressing the **SPLIT/LAP** button

During the count-down sequence, by pressing the **MODE** button, it is possible to change the Single Count-Down to Auto-Restart Count-down (loop mode)
The **CD** icon on the LCD will switch
In this Auto-Restart Count-Down, during the last 5 seconds, the Pocket Pro will sound a single short beep and a then long beep at 00:00
The Pocket Pro will restart automatically from the pre-defined time of the count-down
The timer will run and show the full time since the first Start
To stop the sequence, you have to RESET the Pocket Pro

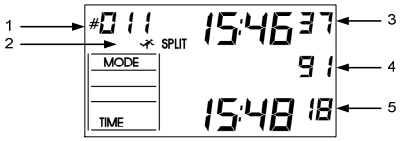


2.6. TIME Mode

This timing mode allows you to memorize the time of day at each split

This mode is very useful as a back-up system during a timing session and functions similarly to other timing systems working at “time-of-day” such as the CP545 Chrono-Printer, Mini Timer or Start Clock

In Time mode, you have the running time on the top line of the LCD and the time of day on the bottom line of the LCD



1. Number of split / Memory status
2. Running status
3. Running Time (hh:mm:ss)
4. Running Time (1/100)
5. Time of Day

2.6.1. Internal Time of Day setting

To set the Internal Time of Day on Pocket Pro:

- The Pocket Pro memory has to be reset (**START/STOP** + **MEMORY**)
- Press and hold the **MEMORY** button for 5 sec: the first digit will flash and **SET** icon is ON
- Press the **SPLIT/LAP** button to change the value
- Press the **MEMORY** button to move to the next digit

2.6.2. Time of day synchronisation

- Press **SPLIT/LAP** and **START/STOP** buttons simultaneously
- The time of day of the Pocket Pro will be displayed on the top of the LCD with 1 minute in advance
- The synchro will be automatic at the end of the full minute

2.6.3. To Synchronise at Zero

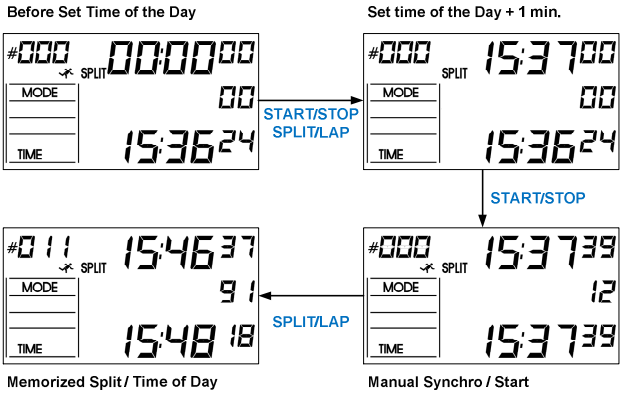
- Press **START/STOP** button

The time automatically starts from zero

2.6.4. Timing

Once the Synchronization is made, the icon appears

To memorize the time of day, press the **SPLIT/LAP** button
The time on the LCD will stay and the passing counter (top-left) is increased
To see the time of the day running, press the **MEMORY** button



3. Specific Athletics Timing Modes

Pocket Pro Athletics has 3 specific modes available for athletics training sessions

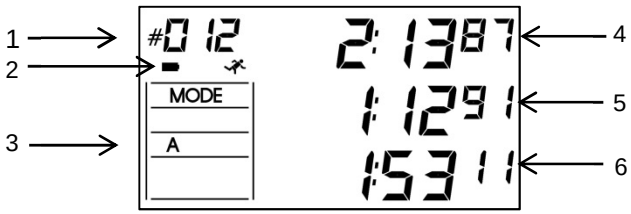
A: Sprint Training with up to 4 split times
In this mode, you set the number of split times you want to time between start and finish
It is also possible to change automatically (or manually) the athlete sequence number (run session)

B: Interval Test
Sports training routine consisting of several workouts (up to 3) and repetitions (up to 9 times)

C: Beep / Bleep Test (Shuttle Run)
Running test for assessing the physical fitness of an athlete. The athlete runs back and forth between 2 points spaced 20m apart at an increasing speed of 0.5km / h in increments of one minute. Pocket Pro emits a beep for athletes to attempt to keep up the pace. Pocket Pro also records the levels and times achieved for up to 800 athletes competing at the same time

3.1. Sprint Training with up to 4 split times (mode A)

This mode allows you to define the number of split timing points between start and finish (max 4), including the ability to automatically switch to a new session



1. Sequence Number of athlete / Memory status
2. Battery / Mode Setting / Running status
3. Timing Mode
4. Run time / Net time at Finish (mm:ss.dc)
5. Net time at split point 1 and 3 (mm:ss.dc)
6. Net time at split point 2 and 4 (mm:ss.dc)

Pre-Session Configuration

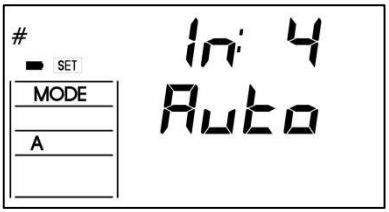
Button **Memory**:	Select the digit to set
Button **Split/Lap**:	Change value of digit
Button **Mode** :	Validate the changes

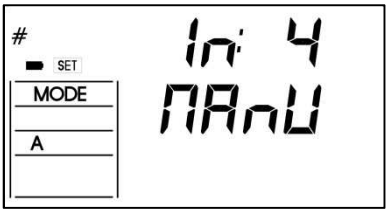
Training Session

Button **Start/Stop** :	Start, split and Finish
Button **Split/Lap** :	Change run / athlete (in Manual configuration)
Button **Memory** :	Allows you to recall and view split times 1 & 2
Button **Mode** :	To view split 3 & 4, hold down the Memory button and press once the Mode button. You can move between Split 1 & 2 / 3 & 4 by keeping the Memory button pressed and briefly pressing and releasing the Mode button

Pre-Session Configuration

Before starting a training session, it is possible to select the number of split times that you require, and select automatic or manual increment to the next session after a finish





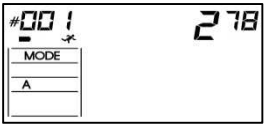
The example above shows you how the settings are displayed

In : 4 means 4 split times

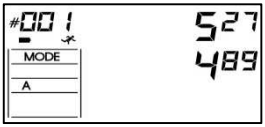
Auto-Nanu: Automatic or Manual
In Automatic, after a session is completed the net time will display for 15 sec, and will then automatically move to the next run/athlete
In Manual, you have to manually press the button SPLIT/LAP to move to the next run/athlete

Example
Training session with Start / Finish and 2 split times
Move to next session : Manual

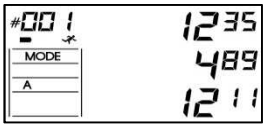
Mode A
Setting:
Splits : 2
Restart : Manual



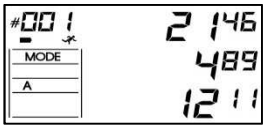
Button START/STOP
Competitor n° 001
Start training
Running time (line 1) = (2.78 sec)



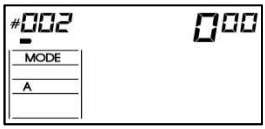
Button START/STOP
Impulse for Split time n° 1
Running time on line 1 (5.27 sec)
Split time n° 1 on line 2 (4.89)



Button START/STOP
Impulse for Split time n° 2
Running time on line 1 (12.35 sec)
Split time n° 1 on line 2 (4.89)
Split time n° 2 on line 3 (12.11 sec)



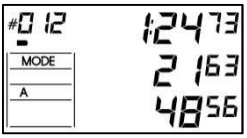
Button START/STOP -- Finish
Net time on line 1 (21.46 sec)
Split time n° 1 on line 2 (4.89)
Split time n° 2 on line 3 (12.11 sec)



Button SPLIT/LAP
Next competitor n° 002
In Auto mode, the next competitor will be displayed automatically after 15 sec.

Recall / View session times (button - Memory)

Button MEMORY to move between competitor #



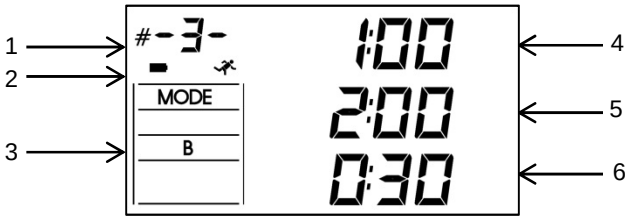
Competitor n°12
Net Time – 1'24.73''
Inter 1 : 21.63''
Inter 2 : 48.56''

To display split 3 & 4 for that competitor also press Mode

Competitor n°12
Inter 3 : 58.17''
Inter 4 : 1'08.53 ''

3.2. Interval Test (mode B)

Sports training routine consisting of several workouts (up to 3) and repetitions (up to 9 times)



1. Sequence Number of athlete / Memory status
2. Battery / Mode Setting / Running status
3. Timing Mode
4. Count Down 1 (interval 1)
5. Count Down 2 (interval 2)
6. Count Down 3 (interval 3)

Setting

Button **Memory** : It is possible to change the count-down values of each of the 3 workouts using the Memory Button to move to each digit and Split/Lap to change the digit value. Then move to the top left digit above “SET” to configure the number of repetitions required

Button **Split/Lap** : Change digit value

Button **Mode** : Validate the workout count-down and repetition settings

During training session

Button **Start/Stop** : Start sequences
Pause and restart

Important

If a countdown = 00.00, the Pocket Pro will pass automatically to the next count down

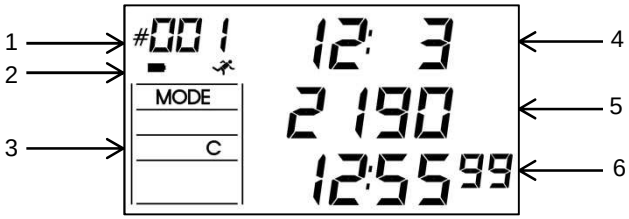
Important

At the end of the session, the LCD is blank.
It is necessary to reset the Pocket Pro to proceed to the next training session (Reset = button START/STOP + MEMORY)

3.3. Multi Stage Training *Beep/Bleep Test* (mode C)

This mode allows you to measure the performance and estimated oxygen uptake of an athlete. Each athlete attempts to run to the pace of the beep test which means constantly increasing their velocity over different levels of difficulty until they either complete every level or can no longer keep in sync with the pace of the beep Pocket Pro records the level, shuttle, and overall time for every athlete taking part in the test

Results can be viewed during the activity or downloaded after the event for analysis, printing and archiving for future comparison



1. Athlete Sequence Number / Memory status
2. Battery / Mode Setting / Running status
3. Timing Mode
4. Level & Shuttle
5. Total Distance covered (metres)
6. Running Time

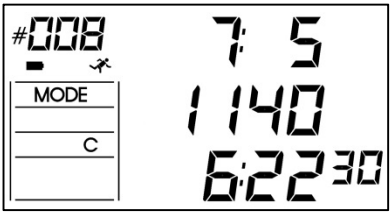
Training Session

Button **Start/Stop** : Starts the 5 second countdown.

Button **Split/Lap** : Finish each athlete
Hold down for 5 seconds to end the training session when the last athlete has finished

Button **Memory** : Allows you to recall and view individual athletes results

Visualisation



Athlete # 008
Level & Shuttle: 7:5
Distance covered (metres): 1140
Running time covered: 6'22.30''

4. Recommendations

Although the Pocket Pro can be used indoors and outdoors, optimal viewing and protection is best when the display is in the shade or covered from direct sunlight and rain

Never immerse the Pocket Pro in water

The Pocket Pro is developed to endure light rain.
The USB socket is protected by the black rubber, and prevents any water ingress

It is very important and recommended to keep the rubber in place at all times when not using the USB connection

The optimal visibility of LCD is when the Pocket Pro is protected from direct sunlight

The Pocket Pro can overheat in excessive direct sunlight

The LCD Plexiglas is fragile. It is not recommended to clean it with a solvent or alcohol

IMPORTANT
A slightly damp cloth is recommended for cleaning the Pocket Pro

5. Download a new version of Firmware

Program downloads and new releases of the TAG Heuer firmware “up loader” are available free of charge on our website www.tagheuer-timing.com

For this operation, you need to have:
- Mini-USB cable HL545-3
- The software «TAGHeuerFirmmanager.exe » version minimum V10.0

Procedure
- Copy the software «TAGHeuerFirmManager.exe » onto your hard disk drive
- Connect the Mini-USB cable (HL545-3) to the PC and to the Pocket Pro
- Run the software « TAGHeuerFirmManager.exe »
- Select the COM Port
- Select the file: Update (HL400_xxx.dat)
- Press START on the software
- Press and hold the reset button on Pocket Pro and release when prompted
- As soon as the upgrade is downloaded into the HL400, validate the software with OK
- The HL400 is ready to use

6. Technical specification

6.1. Pocket Pro characteristics

-	Power	5 VDC (rechargeable with USB cable)
-	Internal battery	600mAh / 3.7V
-	Autonomy	35 days (in use) after full charge
-	Shell	Aluminium – PVD surface treatment
-	Weight	160 g
-	Precision	+/- 2 sec / month Calibration available
-	Display	LCD 3 lines of 6 characters Battery level / Timing Mode
-	Size of characters	7mm height
-	Accuracy	1/100th second
-	Memory	800 stored times
-	Temperature range	–20°C to +60°C

6.2. USB Connector

Pin	Description
1	5V
2	D-
3	D+
4	TAG Heuer Photocell
5	GND

7. Quick Guide

Reset memory
Buttons: Start/Stop + Memory
Change mode:
Clear Memory (Start/Stop + Memory)
Button: Mode
Power off
Buttons: Memory + Mode (hold down together for 5 seconds)
Recall recorded times
Button: Memory
Setting (Date / Time / CD)
Button: Memory to select the digit
Button: Split/Lap to change value
Button: Mode to validate the selection
Stopwatch
Button: Start/Stop: start or stop counter
Button: Split/Lap: memorize Split/Lap
Button: Mode: select display Split or LAP or both
Button: Memory: recall split/lap memorized
Count Down
Button: Start/Stop: Start or Stop counter
Button: Split/Lap: reset the preselected Count Down
Button: Memory: countdown setting
Button: Mode: Select single Count Down or Multi Count Down (CD blinking)
Time (function manual back-up with Time-of-Day)
Button: Start/Stop + Split/Lap: Set Time-of-Day (+ 1 minutes)
Button: Start/Stop: Synchro + Start
Button: Split/Lap: Memorize Time-of-Day
Button: Memory: recall/view memorized time
Mode A

Button: Start/Stop:	Start, split, Finish
Button: Split/Lap:	Next athlete
Button: Memory:	Display memorized times
Button: Mode:	Display split time 3 & 4

Mode B
Configuration

Button: Memory :	Select the digit to set
Button: Split/Lap :	Change digit value
Button: Mode:	Validate setting

Timing

Button: Start/Stop:	Start Count Down + Pause

Mode C

Button: Start/Stop:	Start Count Down & Beep Test
Button: Split/Lap:	Finish Athlete Hold down for 5 seconds to end the training session when the last athlete has finished
Button : Memory	Recall and view athletes individual results

8. Notes

TAGHeuer

PROFESSIONAL TIMING

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